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# Montgomery Medical

A family tradition of family medicine



## MontyMed Monthly

December 2025 Edition

### Patient Appreciation Day- December 18th

This December marks 2 years in our new building, and we couldn't be more grateful for the patients who have grown with us, supported us, and trusted our team with their care. As a thank-you, we're celebrating Patient Appreciation Day on **December 18th** with **snacks, refreshments, and fun swag** for our patients who stop in that day.

Your support over these past two years has allowed us to continue expanding our services and giving back to our community. Thank you for being such an important part of our practice!



### New Provider: Vicki Morgan, CRNP

We are excited to welcome Vicki Morgan, CRNP, to our team! Vicki brings a wealth of experience to our practice, having spent 23 years as a registered nurse before becoming a nurse practitioner. She earned her BSN and MSN from Duquesne University, graduating with her MSN in 2019, and went on to complete an Urgent Care Fellowship.

Outside of work, Vicki enjoys reading, traveling, and spending quality time with friends and family. We're thrilled to have her on board and know our patients will enjoy her compassionate care and expertise.

**Ready to meet Vicki?** Call us at (724)-569-8100 today to schedule an appointment or stop by our Same Day Care to see her, she's ready to provide the care you need when you need it!

### Treating Illness the Right Way

Feeling under the weather can make anyone want a quick fix, but antibiotics aren't always necessary. Most colds, the flu, and many sore throats are caused by viruses, which antibiotics don't treat. Using them when they aren't needed can sometimes do more harm than good.

Our providers are here to help you get the care that's right for you. Often, rest, fluids, and symptom relief are the best ways to feel better. If you do need antibiotics, we'll make sure you get them safely and promptly.

Our Montgomery Medical team is here for fast, friendly care! Call us at (724)-569-8100 or walk in to MontyMed Same Day Care, no appointment needed, to stay healthy and recover safely.



Montgomery Medical, Inc.

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Cyndee Burack, Head of Quality & Practice Management

## Move With MontyMed Results

"I've always considered myself active. My husband and I hike and bike often, and we even completed the Summit Challenge this year. But during the Move with MontyMed Dumbbell Challenge, I realized I was missing something important: **resistance training**."

After following a free YouTube routine for 1 month, my joint pain decreased, balance improved, and everyday tasks like getting up from the floor or opening jars became easier. I've now made resistance training a regular part of my routine. I encourage everyone to add a little strength training a few times a week. It truly improves your quality of life."

— Cyndee Burack, Montgomery Medical

## Hearty Winter Harvest Bowl

### For the Bowl:

1 c wild rice, cooked  
1 c chopped sweet potatoes  
1 c chopped Brussels sprouts  
4 c arugula or kale  
½ c chopped precooked beets  
Chicken strips (optional)  
¼ c walnuts, chopped  
¼ c dried cranberries  
¼ c feta

### Maple-Dijon Dressing:

2 TBSP maple syrup  
⅓ c olive oil  
Salt & pepper  
2 TBSP apple cider vinegar  
1 TBSP Dijon mustard

**Seasoning for sweet potatoes:** 1 TBSP olive oil, salt, pepper, ¼ tsp smoked paprika, ¼ tsp garlic powder, ¼ tsp cinnamon. **Seasoning for Brussels sprouts:** 1 TBSP olive oil, salt, pepper, ¼ tsp garlic powder.



- Cook wild rice per package.
- Roast sweet potatoes & brussels sprouts at 350°F for 30–40 min with listed seasonings.
- Whisk together dressing ingredients.
- Assemble bowls: rice base, roasted veggies, arugula/kale, beets, chicken (if using), feta, walnuts, cranberries. Drizzle dressing. Serve.

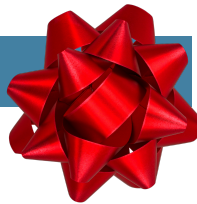
## Honoring Our Employees



Montgomery Medical, Inc.

## HOLIDAY RIDDLES

MONTYMED  
*Games*



1. I come with many colors, so beautiful and bright. I turn so many houses into a magical sight. What am I?
2. I'm sweet and striped, red and white, a favorite treat all through the night. What am I?

Answers on Facebook the week of December 8th.

[www.montymed.com](http://www.montymed.com)